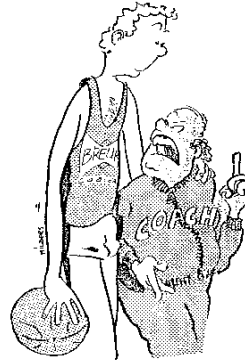




**The Douglas College Sports Institute, in conjunction with Physical Education British Columbia (PE-BC) and BC School Sports are proud to present:**



# **2012 QDPE Pro-D Conference**

**26<sup>TH</sup> ANNUAL ELEMENTARY AND SECONDARY SCHOOL  
TEACHERS' CONFERENCE  
(NOT JUST FOR PHYS-ED TEACHERS AND COACHES!!)**

**FRIDAY, OCTOBER 19<sup>TH</sup>, 2012  
DOUGLAS COLLEGE ■ 700 ROYAL AVENUE ■ NEW WESTMINSTER**

**<http://www.douglascollege.ca/ce>**  
(for all your NCCP coaching and BCRPA fitness needs)

## **Welcome to our 26<sup>th</sup> Annual Pro-D Conference!**

**Friday ▪ October 19<sup>th</sup> 2012 ▪ Douglas College ▪ 700 Royal Avenue ▪ New Westminster**

It is time to recharge – and to have fun learning new skills that offer your students exciting alternatives in physical education, and health and wellness.

Douglas College's 26<sup>th</sup> annual Physical Education Professional Development Conference offers you and your colleagues over 40 workshops of dynamic learning activities that can be applied at both the elementary and secondary level.

Please note that some of these workshops run ALL-DAY. Some of the sessions are offered away from Douglas College, **so check all details before registering and travelling to your session**. Please pass on the information to all your colleagues and try to arrange for a group to attend a session as this is not just a PE teachers' conference, it is a teachers' conference.

### **SCHEDULE**

**Please note the following are ALL-DAY sessions. Do not register for any other workshops if registering for an all-day session. See course descriptions for venue addresses and times. Please go directly to the site.**

#### **ALL-DAY SESSIONS**

CRN 31414 A Day of Basketball (**Check in at Douglas College first and then report to John Robson School, Gym**)  
CRN 31415 A Day of Physical Fitness & Personal Training (**Check in at Douglas College, Aerobics Room**)  
CRN 31416 Get on the Mats: A Day to learn Wrestling (**Douglas College, David Lam Campus, COQUITLAM**)  
CRN 31395 Golf: Teaching the Teachers (**Check in at Birdie and Buckets, 5228 King George Highway, SURREY**)  
CRN 31417 Teacher First Aid & CPR (**Check in at Douglas College/Pinetree Community Centre, COQUITLAM**)

CRN 31133 NCCP Introduction to Competition A (**October 19<sup>th</sup>/20<sup>th</sup>, Douglas College, NEW WEST, Room 1711**)  
CRN 31135 NCCP Introduction to Competition B (**October 26<sup>th</sup>/27<sup>th</sup>, Douglas College, NEW WEST, Room 1806**)

**\*\* Register for the above NCCP workshops at \$140 each (or \$200 for both) and get a FREE QDPE Conference registration! Please contact Jill Cowan at 604-527-5492 for details.**

**See course descriptions for room locations. If directed, please go directly to the site for your first session.**

#### **SESSION #1**      **8:30am-10:00am**

CRN 31337 Athletic Taping for Return to Activity (Kathryn Duff)  
CRN 31338 Badminton – What's all the 'racquet' about? (Al Mawani)  
CRN 31339 Basketball – Individual Skill Development (Curtis Nelson)  
CRN 31340 Chair Aerobics & Classroom Workouts (Sue MacDonald)  
CRN 31341 Effective Communication in the Classroom (Gordon Rogers)  
CRN 31342 Fitness Assessment for a New Century (Art Uhl)  
CRN 31343 Functional Fitness for all Levels (Donna Hutchinson & Susana Abreu)  
CRN 31344 Geocaching – Teaching & Learning with Technology in PE (Joel Gibson)  
CRN 31345 Massage Therapy: An Introduction (Dennis Caouette)  
CRN 31346 PHE Canada: Fundamental Movement Skills (Don Hutchinson)  
CRN 31347 Struggling for DPA Ideas? (Kevin Spicer)  
CRN 31348 Team Empowerment (Niki Lacey)  
CRN 31349 Team Warm Up Activities (Rosalin Hanna)

**10:15am - 10:45am      Keynote Speaker (**Performing Arts Theatre, Room 4100**)**

## **SESSION #2      11:00AM-12:30PM**

CRN 31350	2 Small, 2 Many, 1 Teacher = 5 Solutions (Dan Cooney)
CRN 31354	Athletic & Core Conditioning (Donna Hutchinson & Susana Abreu)
CRN 31355	Basketball – Useful Team Skills & Drills (Curtis Nelson)
CRN 31357	Basketball Officiating (Bill Denney)
CRN 31358	Classroom Dance with Action Schools (Pat Parker)
CRN 31359	Cup Stacking with Speed Stacks (Don Hutchinson)
CRN 31372	Fitness Activities with Minimal Equipment (Kevin Spicer)
CRN 31373	Get 'Plugged In' to your Muscles (Ryan Cook/Ken Anderson)
CRN 31374	Leading the Way: Developing Youth Leaders (Brian Storey)
CRN 31375	PE Games: How to keep the most kids active (David Helm)
CRN 31376	Ring Jammers 2.0 (Lainie Winthrop)
CRN 31377	Tennis for Schools program (Sarah Kadi)
CRN 31378	What is Physically Educated? (Art Uhl)

**12:30pm – 1:00pm      Bag Lunch (included)**

## **SESSION #3      1:00PM - 2:30PM**

CRN 31381	Basketball - Team Systems & Concepts (Curtis Nelson)
CRN 31382	Benchwarmer to All-Star: Progressions to Introduce Weight Training (Ryan Cook)
CRN 31383	Introducing Campus Life & Student Leadership at your school (Scott Fraser-Dauphinee)
CRN 31384	Keep your mind wide open: Alternative Mentoring (Jamie Black)
CRN 31385	Making Fitness Fun (Dan Cooney)
CRN 31386	Nutrition Knowledge (Ashley Charlebois)
CRN 31387	Power Up (Don Hutchinson)
CRN 31388	PSAP Orienteering Made Simple (Jennifer Fenton)
CRN 31389	Speedminton (Michele Matthews)
CRN 31390	Ultimate Frisbee (Craig Woods/Kathryn Slack)
CRN 31391	Yoga Roots: The Discovery of Wellness through Yoga (Caroline Chretien)
CRN 31392	Youth Sport Conditioning (Kevin Spicer)
CRN 31393	Zumba – Ditch the Workout & Join the Party! (Donna Hutchinson & Susana Abreu)

## **FULL DAY WORKSHOPS**

### **A DAY OF BASKETBALL (All-day Workshop)**

(This is an ALL-DAY WORKSHOP, but teachers may attend one, two or all three sessions.)

**This workshop will take place at John Robson Elementary, across the street from Douglas College. Check-in at Douglas College first and then report to John Robson Elementary, 120 – 8<sup>th</sup> Street, New Westminster for your first session at 8:30am!**

Instructor: Curtis Nelson, Womens Basketball coach, Douglas College

### **Session 1 – Individual Skill Development**

Do you want better players or better plays? This session will provide you with a number of different drills for the individual development of your players. It will include skills and drills for perimeter and post players of all ages.

**Report to Douglas College, New Westminster first and then report to John Robson Elementary, 120 – 8th Street, New Westminster (kitty corner Douglas College on the NW side) for first session at 8:30am.**

### **Session 2 – Useful Team Skills & Drills for all ages**

Coach Nelson will take you through a variety of half court and full court drills that you can use with your team during seasonal practices. It will include a mix of individual and team drills that you can use during your practices next season.

**Location: John Robson Elementary, 120 – 8th Street, New Westminster (across the street from Douglas College)**

### **Session 3 – Team Systems and Court Concepts**

This session will speak of the team game and include systems and concepts that you can incorporate into your seasonal preparation and in-game approach. It will cover concepts such as team offenses and team defenses that you can implement with your team.

**Location: John Robson Elementary, 120 – 8th Street, New Westminster (across the street from Douglas College)**

## **A DAY OF PHYSICAL FITNESS AND PERSONAL TRAINING (All-day Workshop)**

(This is an ALL-DAY WORKSHOP, but teachers may attend one, two or all three sessions.)

Instructors: Donna Hutchinson and Susana Abreu, from On the Edge Fitness Educators

Donna Hutchinson is the CEO of On The Edge Fitness Educators Inc. She is an author, speaker and international fitness expert. Susana Abreu is the Vice-President of Fitness Education at On The Edge Fitness Educators. She is twenty year veteran of fitness, personal trainer and group fitness instructor

### **Session 1 – Functional Fitness for All Levels**

You don't need a lot of equipment to get a great workout. As a matter of fact you can use everyday items around the house and I don't mean soup cans. Join Donna Hutchinson and Susana Abreu as they lead you through a functional fitness class using the five primal movements patterns of bending, single leg balance, pushing, pulling and rotating. All levels and abilities welcome there's something here for everyone.

### **Session 2 – Athletic and Core Conditioning**

This intermediate and advanced level class works on building your speed, agility and quickness for organized or recreational sporting activities. It's a tough circuit style workout with a heavy emphasis on core training. If you want to toughen up your core and build some speed then get ready to join Donna Hutchinson and Susana Abreu for a fun and creative workout.

### **Session 3 – Zumba! Ditch the Workout & Join the Party!**

This Latin-inspired, easy-to-follow, dance-fitness party exhilarates your senses and works all the major groups in a high-energy cardio blast that leaves you feeling invigorated, refreshed and full of life. Zumba classes feature fun rhythms like salsa, merengue, cumbia and samba set to vivacious Latin and international beats. Before participants know it, their abs, arms and thighs are toned up and their energy level is soaring! There's no other fitness class like the Zumba Fitness-Party™. It's easy to do, effective and totally exhilarating. It builds a community in your fitness facility that stays consistent and strong. Ditch the Workout ~ Join the Party!

## **GET ON THE MATS – A DAY TO LEARN WRESTLING**

**PLEASE NOTE: This is an ALL-DAY WORKSHOP – you must sign up for all three sessions)**

**Report directly to Pinetree Community Centre, 1260 Pinetree Way, Coquitlam – Wrestling Room. It is approximately 15km or a 20-minute drive from Douglas College, New Westminster.**

Instructors: Gord Sturrock, Douglas College Sports Science Faculty

### **Session 1: Wrestling warm-ups and ground techniques**

This session will focus on dynamic wrestling warm-ups that introduce safe tumbling and break-falling techniques. Offensive and defensive ground techniques and strategies will be introduced.

**Report directly to Pinetree Community Centre (Wrestling Room) 1260 Pinetree Way, Coquitlam for an 8:30am start!**

### **Session 2: Standing Techniques**

This session will focus on introducing the basics of a proper wrestling stance and defense from the standing position. Offensive takedowns such as the double and single leg will be introduced.

**Location:** Pinetree Community Center, 1260 Pinetree Way, Coquitlam

### **Session 3: Wrestling Games and Drills**

This session will focus on fun drills and games that re-enforce the skills covered in the first two sessions. Games such as British Bulldog, Human Knot, and Medicine Ball Grab will be introduced.

**Location:** Pinetree Community Center, 1260 Pinetree Way, Coquitlam

## **GOLF: TEACHING THE TEACHERS** (All-day Workshop)

**Report directly to Birdies and Buckets Family Golf Centre, 5228 King George Highway, Surrey.**

Instructor: CPGA Pro Dave Wright

This 6-hour seminar program will consist of three rotational-based instructional stations in which you will learn the fundamentals of the swing and, more importantly, how to teach them. These areas include: Full swing basics, short game techniques, video analysis of the golf swing using A-Star system, equipment, course management and club selection, rules, etiquette and scoring. The morning will be broken down into three 55-minute stations with two qualified golf pros. Lunch will be served at noon and the afternoon session will involve a mini tournament on our nine hole Links Style pitch and putt course. The day will conclude with a fun SKILLS COMPETITION.

**Report directly to Birdies and Buckets Family Golf Centre, 5228 King George Highway, Surrey.**

**Phone 604-592-9188 for directions for a 9am start. Dress appropriately and bring your own clubs, if possible. Lunch included.**

## **TEACHER FIRST AID & CPR**

**Report directly to Pinetree Community Centre, 1260 Pinetree Way, Coquitlam – Gym.**

**It is approximately 15km or a 20-minute drive from Douglas College, New Westminster.**

This basic one-day course offers an overview of first aid and cardiopulmonary resuscitation (CPR) skills for the workplace and/or home. The workshop includes the latest first aid and CPR guidelines, and meets OHS regulations for Basic First Aid, and exceeds competitors standards by including injury prevention, CPR and AED. The course will be conducted by a qualified Red Cross First Aid Instructor, and will cover everything from: preparing to respond, the EMS system, Airway emergencies, Breathing & circulation emergencies, First aid for respiratory and cardiac arrest, and wound care. There will also be take home materials from Red Cross First Aid as well as a CPR Manual.

**Location:** Pinetree Community Center, 1260 Pinetree Way, Coquitlam

## **NCCP Theory Certification–Intro to Competition A or Intro to Comp B**

**NCCP Certification will take place on Friday night (6:30pm – 9:30pm) and Saturday (9am – 3:30pm) at Douglas College, New Westminster. (NOTE – Registration deadline of October 12<sup>th</sup> strictly adhered. Confirmed numbers needed to order coaching manuals!!)**

**Introduction to Competition A – October 19<sup>th</sup> and 20<sup>th</sup>, Room 1711**

**Introduction to Competition B – October 26<sup>th</sup> and 27<sup>th</sup>, Room 1806**

Are you needing to get your NCCP Theory certification?? **Sign up for the above NCCP Theory courses (at \$140 each, or both courses for just \$200) and get a FREE QDPE CONFERENCE REGISTRATION.**

This specially designed condensed course for teachers is the first step in coach education and training.

The new **Introduction to Competition A** replaces the old **Level 1 Theory** course with the National Coaching Certification Program and is accredited for all sports. And the **Introduction to Competition B** replaces the old **Level 2 Theory**. Many schools and associations now require their coaches to be NCCP certified!

We will provide you with relevant training and information that will assist you to:

- a) Plan a practice
- b) Design a Basic Sport program
- c) Analyze performance
- d) Provide support to athletes in training

- e) Manage a program
- f) Support the competitive experience and
- g) Make ethical decisions.

Tuition includes NCCP manual and with Introduction to Competition A, a one-year membership in the Coaches Association of BC.

**Introduction to Competition A tuition - \$140 (includes a free QDPE Conference Registration)**

**Introduction to Competition B tuition - \$140 (includes a free QDPE Conference Registration)**

**Or register for BOTH for just \$200.**

**Report to Douglas College, 700 Royal Avenue, New Westminster on the Friday night at 6:30pm.**

## **SESSION WORKSHOPS**

### **2 SMALL, 2 MANY, 1 TEACHER = 5 SOLUTIONS**

Instructor: Dan Cooney

"Dan Cooney has been teaching K-12 physical education for many years. He has a lot of experience and loves to share his ideas and enthusiasm for teaching physical education. When you leave this session you all have at least 5 activities that you can use in your classes tomorrow".

Are you coping with limited space? Do you deal with large class sizes? Are you compensating with a lack of equipment? Are you responsible for set-up, putting equipment away, planning your lessons and teaching a "foreign" subject? If you answered yes to any of the above, then this session is for you. SPARK activities, plans and resources will ease your teaching load.

### **ATHLETIC TAPING for RETURN to ACTIVITY**

Instructor: Kathryn Duff, Faculty, Douglas College Sports Science

This class covers guidelines of when and how to apply athletic tape to a previously injured athlete returning to activity. This workshop will cover many of the taping techniques and safety considerations when taping, as well as the procedures for injury prevention and aiding in the healing process. This workshop is ideal for any teacher or coach working with a sports team or intramural club.

### **BADMINTON – WHAT IS ALL THE ‘RACQUET’ ABOUT?**

Instructor: Al Mawani

This on-court session will give teachers information to introduce the sport of badminton to children, and give ideas and drills of how to implement with their classes. Included in the presentation will be mini-badminton, games for large groups and information on clinics/tournaments that kids can participate in. This workshop is great for classroom activities, skills and drills, or developing hand-eye co-ordination, and confidence amongst youngsters. You will learn not only the various techniques and strategies, but will also take home a variety of games to implement in your classes.

### **BASKETBALL OFFICIATING – No more looking for refs!**

Instructor: Bill Denney, BC Basketball Officials Association (BCBOA)

Are you always scrounging around to find basketball officials for your school games? This classroom session will help teach you and help you understand some of the basics of basketball officiating. Led by Bill Denney (BC Basketball Officials Association) you will go over some of the finer points that occur in primary and secondary school basketball games. Topics will include some basic rules, conduct and safety, officials rotations and movements, and teaching points in identifying foul calls. Feel a little more confident in when you have to step in with your whistle and officiate a school basketball game, and find out what you need to produce other qualified officials in your school.



## **BENCHWARMER to ALL-STAR: Progressions to Introduce WT**

Instructor: Ryan Cook, Douglas College Sports Science Lab Technician

This workshop will take you through the age-appropriate progressions to introduce weight training techniques to your class and/or specific members of sports teams. Discover how to build long term programs, and get the most out of your individual workouts for you and your students. You will also learn to develop simple age-appropriate exercises and ideas for program development for those that you are working with.

## **CHAIR AEROBICS & CLASSROOM WORKOUTS with Action Schools! BC**

Instructor: Sue MacDonald, President PE-BC

Learn to enhance students' Daily Physical Activity experience by expanding on a couple very popular activities from the Action Schools! BC *Classroom Action Resource*: chair aerobics and classroom workouts. Participants will learn to create their own chair aerobics routines and workouts and to integrate them into student leadership. Participants may qualify their schools for an additional complimentary Classroom Action Bin of equipment and teaching resources. Ideal for Grades K to 7 and middle school.

## **CLASSROOM DANCE with Action Schools! BC**

Instructor: Pat Parker

Learn to integrate dance into your classroom and expand your Physical Education repertoire. Building off several new resources as well as the resources in the Classroom Action Bins, the session will highlight several types of dance and provide participants with teaching strategies and the confidence to create their own sequences of movements. Participants may qualify their schools for an additional complimentary Classroom Action Bin of equipment and teaching resources. This session is geared for K-3.

## **CUP STACKING WITH SPEED STACKS: SEE IT, BELIEVE IT, TEACH IT**

Instructor: Donald Hutchinson, PE-BC & Principal Ranch Park Elementary

Do you want to improve your students' focus, hand-eye coordination, quickness, concentration and self-esteem? (And still be in your classroom). Cup stacking is an exciting individual and team sport where competitors stack and unstack 12 specially designed cups in pyramids at lightning speed. You can race against the clock or each other, individually or in teams. Come out to this hands-on session that will show you how to develop hand-eye accuracy, ambidexterity and an intrinsic desire to improve. Participants will receive step-by-step instructions on how to teach cup stacking, including a variety of individual and group activities. Check out [www.speedstacks.com](http://www.speedstacks.com).

## **EFFECTIVE COMMUNICATION IN THE CLASSROOM**

Instructor: Gordon Rogers

Discover and understand the theory of conflict and how to manage it so you can deal more effectively with difficult people, including students, parents, and the occasional administrator. This workshop will introduce the critical skills necessary to deal with parents, students and teacher colleagues. Discover ways to become a better listener and be more collaborative, rather than dwelling on the past – areas on the cutting edge for teaching students of all levels. Find out about the Anger Mountain and look at the drama triangle of Victim, Villain and Hero, and how it can improve your own communication for dealing with difficult situations in the classroom, or playing field.

## **FITNESS ACTIVITIES with MINIMAL EQUIPMENT**

Instructor: Kevin Spicer, Kwalicum Secondary School & Team Achieve Health and Fitness

Finding adequate, intelligent, appropriate and fun PE activities can be challenging. This session will focus on Fitness activities for teachers to add to their personal physical activities tool kit. It will look at non-traditional minor games, station work, equipment issues, stretches, and how to adapt physical activity exercises for bones, heart, and muscles for each level of learner. Daily activity without a sports theme allows kids to benefit from moving their bodies without competition, keeping score, or trying to best each other. We will discuss: how to focus on small amounts of activities for a period of time to allow the students to become familiar and comfortable with them, how to schedule and integrate time for learning to

move, how to integrate leadership opportunities for kids to help, what are some ideas to display posters, set up charts, and the benefits of joining other classes to learn new games or peer tutor another group. Participation is a must; dress in athletic gear, wear good shoes and bring water.

## **FITNESS ASSESSMENT for a NEW CENTURY**

Instructor: Art Uhl

Youth fitness levels are in the spotlight like never before. At the same time Educational concepts like differentiation of instruction and assessment for learning are putting pressure on PE departments to institute meaningful change. "We've always done it this way," will not hold up. Come and explore new ways to address youth fitness.

## **GEOCACHING: TEACHING & LEARNING with TECHNOLOGY**

Instructor: Joel Gibson, Andrea Jenks & Kenneth Kim

This workshop will highlight the use of technology in a Physical Education class. Geocaching involves locating a "cache" (a hidden treasure) using an electronic GPS enabled device such as a Smart Phone. The GPS device will guide you to the waypoints where the participants would have to physically look for the cache. Geocaching requires basic map reading skills and basic fitness. For the purpose of the workshop, we will provide an introduction to Geocaching. We will look at GPS enabled devices and how they work. We will then go look for a geocache that the instructors have set up.

## **GET 'PLUGGED IN' to YOUR MUSCLES**

Instructor: Ryan Cook and Ken Anderson, Douglas College Sports Science

Participants will be introduced to the science and technology behind strength training including how the advent of electromyography has added in the development of modern training practices. Participants will have the opportunity to experience (on themselves) how EMG testing is done and how it is applied to weight training, personal training and fitness assessment. Find the latest techniques in Flexibility, Muscle Endurance, Speed and Power as well as Aerobic and Anaerobic fitness. So, come get "Plugged In" to your muscles and check out the results in our brand new Fitness Assessment Lab at Douglas College! This session will be coordinated by Ryan Cook and Ken Anderson, two members of the Sports Science department at Douglas College.

## **INTRODUCING CAMPUS LIFE & STUDENT LEADERSHIP at your school!**

Instructor: Scott Fraser-Dauphinee, Douglas College Campus Life Coordinator

This workshop will focus on developing campus life & student leadership through club, organizations, government, and activities. Join Scott Fraser-Dauphinee as he shares and discusses best practices in developing a thriving student engagement environment in your school. Specifically, this session will include: communications media, learning outcomes for Co-Curricular activities, community service learning, self-governance, budgeting and fundraising, building a sustainable group, and future leader development.

## **KEEP YOUR MIND WIDE OPEN: Alternative Arts of Mentoring**

Instructor: Jamie Black

What is Guided Discovery & Coyote Mentoring you ask? The Guided Discovery approach invites you to be the voice of common sense to a child without stating the obvious. It will allow you to guide the discovery of basic decision making and problem solving skills within individuals to last a lifetime. Learn about and experience Coyote's trickery to entice the passion of learning through play, curiosity and magic.

Anticipate the ways of the Coyote Mentor upon you during this workshop, then share stories of this style of teaching to solidify its success. Sit on the edge of your seat as you keep your mind and your eyes wide open, and you might find your inquisitive mind sparked like a child.



## **LEADING THE WAY: Developing Youth Leaders in Physical Activity**

Instructor: Brian Storey, Douglas College Sports Science Chair

Does your school have youth leadership programs/classes? Do the students lead physical activity initiatives? Do they run the intramurals or events? The "Leading the Way" teacher's resource developed by Physical and Health Education Canada is designed for teachers helping youth learn to plan, organize and operate their own programs while promoting positive attitudes toward youth leadership, cooperation, and participation in intramural, health promoting school and recreation activities. Join Brian Storey, Chair of the Sport Science department at Douglas College for a look at this updated teacher resource and a discussion of developing youth leadership in physical activity.

## **MAKING FITNESS FUN**

Instructor: Dan Cooney

Dan has been teaching for many years. He passionately promotes the positive effects of daily physical education and he has served education as a teacher, principal, and consultant.

It is well documented that fitness is critical to effective student learning. Vigorous exercise before learning helps create a heightened state of attention. Physical activity positively affects the brain and the learning process. In addition physical activity also contributes to appropriate student behaviour. This session will explore SPARK fitness activities that will enhance your physical education classes.

## **MASSAGE THERAPY: An Introduction for teachers & coaches**

Instructor: Dennis Caouette, RMT

Massage Therapy for sport has become a great addition to teams and athletes to maintain their optimal athletic performance. This workshop will cover an introduction to massage therapy including: a brief history, benefits and contraindication of massage, demonstrations of pre/post event massage therapy and general application for techniques (hand position & muscle flow). Manual techniques will be provided so you can assist the athlete. There will also be a brief component on stretching and hydrotherapy – both being great assets to athletic recovery and performance. Light clothing is recommended.

## **NUTRITION KNOWLEDGE – GETTING THE MOST OUT OF YOUR BODY**

Instructor: Ashley Charlebois, RD, Sport Dietician with SportMedBC

Proper eating habits and physical activity equals healthy teens and athletes. Teachers and coaches can be indispensable in teaching students how to make healthy food choices and athletes how to fuel for performance. For the classroom: this workshop will provide easy to use and practical tools to make eating for energy fun! For the field, gym or track: Optimal sports nutrition can provide a significant competitive edge for athletes. Coaches, are you helping your athletes fuel for performance? Catch up the latest sports nutrition guidelines and some tips and tricks to making helping your athletes fuel for optimal performance and recovery. Don't forget the parents! A few tools to getting parents on the healthy eating bandwagon.

## **PE GAMES: HOW TO KEEP THE MOST KIDS ACTIVE**

Instructor: David Helm

Operating on the principle that a good elementary school PE period has the most kids active for the most amount of time possible, this session will introduce warm-up, cool-down, gym, outdoor and classroom games that adhere strictly to this ideology. It will start by outlining several components necessary for an active and successful game (quick and concise instructions for students, sight, sound and body-language cues, tricks to avoid lag-time between games), and would then launch into several popular warm-up and cool-down activities. Participants will get into confined-area games (games for the classroom and/or studio), and observe introduce classroom fitness circuits, weekly challenges, WhoamI's, Alphabet Aerobics and more (time permitting). The final two components of the workshop would deal with full-length games for the gym, and full-length games for outside, which are welcome alternatives to kids wanting to play dodge ball. The full-length outdoor games will focus on large-scale, all-inclusive games

that ensure maximum student participation by ensuring that every student has a roll (regardless of speed, stamina or ability level). Throughout the workshop all the attendees play and participate in as many of the games as time and space permits, and will have all workshop material either on handouts or pre-posted online.

## **PHE CANADA: FUNDAMENTAL MOVEMENT SKILLS**

Instructor: Don Hutchinson

The development of fundamental movement skills and motor skills is critical to establishing the foundation for participation in many sports and physical activities. A child who has not had the opportunity to develop these basic motor skills experiences difficulties or barriers when participating in sport experiences or later school-based programs that involve more difficult skills. The Fundamental Movement Skills (FMS) series created by PHE Canada with financial assistance from Sport Canada, aids in teaching fundamental movement and sport skills in an effective, fun and interactive manner through the use of both print handbooks and an online video collection. The series designed to enable the development of physical literacy as a solid foundation for supporting long-term sport and physical activity participation.  
Target Audience: Elementary and Middle School

## **POWER UP: The BENEFIT of BRAIN BREAKS**

Instructor: Don Hutchinson

Nothing is better for your students than beginning the day with Power Up. Power Up is a 10 minute moderate to high intensity workout. Workouts vary from plyometrics, aerobics, hip hop dance, zumba, Action Schools BC! Bounce at the Bell activities and many others. This session will introduce you to the many Power Up activities, benefits for the students and some of the school wide administrative benefits.

## **PSAP's ORIENTEERING MADE SIMPLE**

Instructor: Jennifer Fenton

Bored of teaching the same old sport activities? Want something that everyone will enjoy that engages the mind and the body? Students will love the fun and challenge of navigating in the classroom and in nearby parks with basic map reading skills. A walk through Lesson 1 of the Premier's Sport Awards Program (p.s.a.p.) Orienteering Manual will provide participants with an opportunity to experience orienteering first hand. It's simple - come and see for yourself. Copies of p.s.a.p.'s "Teaching the Basics" Orienteering Manual will be available for review and sale.

## **RING JAMMERS 2.0: A NEW GENERATION of GYM RINGETTE**

Instructor: Lainie Winthrop

Introducing *Ring Jammers 2.0*, a completely redesigned gym ringette program!!! *Ring Jammers 2.0* is ideal for K-4 students. It's more than just ringette in the gym with expanded programming that includes low organized games with an LTAD fundamental movement skills base utilizing an assortment of child friendly PE materials. The traditional gym ringette equipment has been updated to feature age and size appropriate sticks, rings and even protective goggles geared especially for younger students. All equipment is in bright, fun colors to make the activities even more engaging. Each Ring Jammers 2.0 program is provided by experienced, local ringette association instructors from your community who come fully equipped with a complete activity kit, sticks, rings, and safety goggles

## **SPEEDMINTON**

Instructor: Michele Matthews

The 90-minute workshop on Speedminton® speed badminton will introduce participants to all facets of this 'addictively fun' game. The first ½ hour will focus on the basics, from its development in Germany, the rules, and the range of equipment to the unique factors that make it an excellent activity for all students from any grade from 1 through 12 and beyond. The remaining hour will involve active engagement by the participants, including: setting up a court in less than 3 minutes; participation in a game; application within

a school environment by learning how to effectively introduce the equipment to students and deliver warm up, coordination, and conditioning exercises, as well as training techniques and variations of play that keep speed badminton fresh and fun each time there's an opportunity for play. Discover why Speedminton® builds confidence in the first 5 minutes of play with even the least athletic student; why no students sit on the sidelines, no matter what their skill level; how the most athletic students find new and exciting challenges with the game; how students willingly satisfy the requirement for increased physical activity once the game is introduced, and how the value equation of the Teacher Sets makes it a worthwhile investment for any school.

## **STRUGGLING FOR DPA IDEAS??**

Instructor: Kevin Spicer, Kwalicum Secondary School & Team Achieve Health and Fitness

Elementary aged children are at a peak stage for nervous system development. The challenge we face is most of their body awareness, coordination, movement mechanics and balance will be developed by the age of 12 making it a critical time for children and young athletes to link their brain to their muscles and joints. This session will focus on how teachers can help students develop movement instead of muscle training. Simple, fun, and challenging drills including: balance, agility, quickness, core stability, reactivity and strength will be demonstrated. Participation is a must and come away with ideas to use Monday morning. Participation is a must; dress in athletic gear, wear good shoes and bring water.

## **TEAM EMPOWERMENT WORKSHOP**

Instructor: Niki Lacey

Team Empowerment Workshops are primarily geared towards sports teams. The workshops can be adapted to accommodate any age, gender, caliber of play, and sport. Through a variety of fun interactive activities, physical challenges, self exploration and writing exercises the players and coaches discover the significant impact of:

- Team Camaraderie
- Motivation and Empowerment
- Effective communication
- Performance Enhancing Techniques
- Positive vs. Negative Feedback
- Group Dynamics & Role Identification
- External Stressors and how they affect us
- Regulating arousal and emotions associated with competition

The concept is based on Professional and Olympic athletes who recognize the immense positive impact of psychologically preparing for their events and often spend just as much time mentally preparing for events as they do physically training. Training the mind, believing in themselves, teammates and their coaches are essential elements in achieving success. The insight and knowledge obtained will directly apply to each sport and focus on enhancing team development and player performance.

The impact of the workshops not only has a positive impact on a team but can also transfer into everyday life to promote a healthy lifestyle, improve listening and communication, increase self-esteem and confident and reduce stress & anxiety.

## **TEAM WARM-UP ACTIVITIES**

Instructor: Rosalin Hanna

This workshop will give the teacher/coach all the requirements for preparing the student/athlete for action and preventing injuries through dynamic warm up. A list of dynamic warm up exercises and programs will be provided for preparing for phys-ed classes and practices, whether they be weight training, field conditioning, practices. Coach Hanna is a Certified Strength and Conditioning Specialist, with Distinction, through the National Strength and Conditioning Association (NSCA). She has worked in two NCAA Division One programs, the University of Arizona and the University of Central Florida. At the University of Arizona, she was the Strength and Conditioning coach for baseball and volleyball, while assisting with football. She has more than 20 years experience as a weight trainer, with eight of those years working as a strength and conditioning coach within three university athletic programs. She has just graduated from the University of Central Florida where she completed her Doctoral degree in Curriculum and Instruction,

Exercise Science. She attained her Masters degree in Human Kinetics from the University of British Columbia where she specialized in Strength and Conditioning for four years.

## **TENNIS FOR SCHOOLS**

Instructor: Sarah Kadi, Tennis BC

Tennis for Schools is a national program that supports the development of fundamental movement skills related to the sport of tennis, while increasing student knowledge and appreciation for the sport. This program has been created by Tennis Canada and Physical and Health Education Canada (PHE Canada). The overall goal of this initiative is to get students active by introducing them to an exciting and potentially lifelong physical activity. The Tennis for Schools program facilitated developmentally appropriate progression by using modified racquets, balls, nets, line markers, and court dimensions. The modified equipment makes the game fun, safe, and engaging for students. Teachers can run tennis programs in any school setting (in a gym, parking lot, etc.) and get students playing immediately without the need to take them offsite. The new curriculum ensures that students from grades 1-8 will have a blast while simultaneously developing valuable fundamental movement skills related to tennis. This new curriculum, includes unit/lesson plans for students in grades 1-8. Each lesson plan has three major lesson components: 1) Getting Ready, 2) Ready to Learn, and 3) Ready to Play. They also contain lesson outcomes and game goals. It's now easier than ever to play tennis!

## **ULTIMATE FRISBEE**

Instructor: Kathryn Slack

This workshop will be an introduction to Ultimate skills, as well as the overall team game of Ultimate Frisbee. The class will take part in an active warm up, followed by some Ultimate skill development drills with dialogue about the history, basic skills, strategy and rules of Ultimate. Weather permitting, the class will enjoy a shortened game of Ultimate. Each participant will receive a handbook with a curriculum for a unit of Ultimate, teaching resources and links.

## **WHAT IS PHYSICALLY EDUCATED?**

Instructor: Art Uhl

At age fifteen, kids graduate from PE. What exactly are the skills, knowledge and attitudes we expect a Physically Educated person to have and how do we measure whether or not they have them? Are we doing all we can to prepare and empower them for the journey ahead? Come and discover some simple tactics that can give students a fighting chance.

## **YOGA ROOTS – THE DISCOVERY of WELLNESS through YOGA**

Instructor: Caroline Chretien & Innerlight Fitness

When we observe the youth in their playful state, we can see that, naturally, they know Yoga. However, the challenges of life today make it increasingly more difficult for youth to maintain a healthy relationship with themselves on all levels: physical, mental, emotional & spiritual. In this workshop, gain insight about Yoga, its benefits, & the breath. Learn how to bring Yoga into a class setting, ignite it in the spirit of our students, and perhaps even into your life as a teacher & mentor.... What a way to be an inspiration!

## **YOUTH SPORT CONDITIONING**

Instructor: Kevin Spicer, Kwalicum Secondary School & Team Achieve Health and Fitness

Youth Sport Conditioning will show teachers steps to building a structured core and strength program with foundational components of athleticism through a fun, dynamic, and motivating training environment. Youth Sport Conditioning is available for teachers and coaches involved with young athletes and students from a variety of multi-directional sports including: hockey, soccer, basketball, lacrosse, football, rugby, baseball, tennis, swimming and volleyball. This session will focus on developing the secondary fitness characteristics common in all multi-directional sports including: speed, agility, reactivity, balance, rotary power, quickness and developing more resistance to injury. Participation is a must to use these ideas Monday morning.

# REGISTRATION FORM - 2012 - Professional and Personal Development 26<sup>th</sup> Annual Pro D Conference

(in conjunction with Physical Education British Columbia (PE-BC) and BC School Sports)

Check-in desk will be open at 7:45am on Friday, October 19<sup>th</sup>  
Douglas College, 700 Royal Avenue, New Westminster – Main Concourse  
Check workshop descriptions for venue location and go directly to site listed for your first session!

## QDPE Conference

QDPE Conference (includes one-year PE-BC Membership)	\$115 plus HST = \$128.80	CRN 31401
QDPE Conference for non-BCTF members	\$150 plus HST = \$168.00	CRN 31402
QDPE Conference for College/University students and/or Student/Teachers	\$ 50 plus HST = \$ 56.00	CRN 31403

## PLEASE NOTE:

Pre-registration ONLY. Payment MUST accompany registration. **You will not be registered if payment does not accompany registration. Deadline for registration is Friday, October 12<sup>th</sup>, 2012**  
(Confirmed numbers needed to order refreshments and determine workshop availability).

## HOW TO REGISTER:

1. Fax your registration (with your Visa/MasterCard info) to the Douglas College Registrars Office at 604-527-5696. (Receipt will then be sent to you in the mail)
2. Call the Registration Office (during regular office hours 8:30am – 4:00pm) at 604-527-5472 with your registration and credit card payment info, along with your three workshop choices.
3. Email registration (AND PAYMENT INFO) to [cowang@douglascollege.ca](mailto:cowang@douglascollege.ca)
4. Make cheques payable to Douglas College and forward along with registration form to:  
Douglas College – Continuing Education Registration  
Room 2700  
700 Royal Avenue  
New Westminster, BC V3L 5B2
5. Register in person with the Douglas College Registrars Office, Room 2700, New West Campus.

## PLEASE NOTE:

Parking—Underground at Douglas College or two hour meter parking on the street. (Underground parking is approximately \$1 per hour). Street parking can be difficult after 8:00am.  
For more information call Jill Cowan (604-527-5492) or David Munro (604-527-5041)

## Benefits of PE-BC Membership include:

- a) Members will have access to an online journal and also receive a newsletter three times per year
- b) Professional Development – annual PE Conferences held every year where your colleagues gather from across BC for new & informative sessions
- c) Funding – grants are available to members to host professional development activities
- d) Promotion – PE-BC is your voice for Physical Education in BC
- e) Networking – consisting of physical education specialists, coordinators and consultants
- f) PE-BC is dedicated to promoting quality physical education and your support helps us achieve this goal

## Registration Form - QDPE Pro-D Teachers Conference

**PLEASE PRINT** and complete fully in case we have to contact you.  
**ALL FIELDS REQUIRED for PSA Conferences.**

Name: \_\_\_\_\_

Phone (home): \_\_\_\_\_ Phone (work): \_\_\_\_\_

Address (home): \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_ School District#: \_\_\_\_\_

Date of Birth: (dd/mm/yyyy) – required for registration \_\_\_\_\_

I wish to register for the following **ALL-DAY** workshops:

ALL-Day Workshop CRN# (1<sup>st</sup> Choice) \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_

**If registering for an all day workshop, do not register for any other sessions.**

	1st choice	2nd choice
<b>Session 1</b> (8:30am-10:00am)	CRN # _____	CRN # _____
<b>Keynote Speaker &amp; Conference Welcome</b> (10:15am – 10:45am)		
<b>Session 2</b> (11:00am-12:30pm)	CRN # _____	CRN # _____
<b>Session 3</b> (1:00pm-2:30pm)	CRN # _____	CRN # _____

**You will only be phoned if your first and second choices are full.**

CRN 31401	\$128.80	QDPE Conference Only (includes GST & one-year PE-BC Membership)
CRN 31402	\$168.00	Conference plus one-year PE-BC Membership for Non-BCTF Members
CRN 31403	\$ 56.00	Student Teachers/University Students (Student# required) (includes GST)

Total amount of payment \$ \_\_\_\_\_

Paid by:

☐ Cheque

☐ VISA or ☐ MasterCard #: \_\_\_\_\_ Expiry date: \_\_\_\_\_

**Fax completed registration form to 604-527-5696**